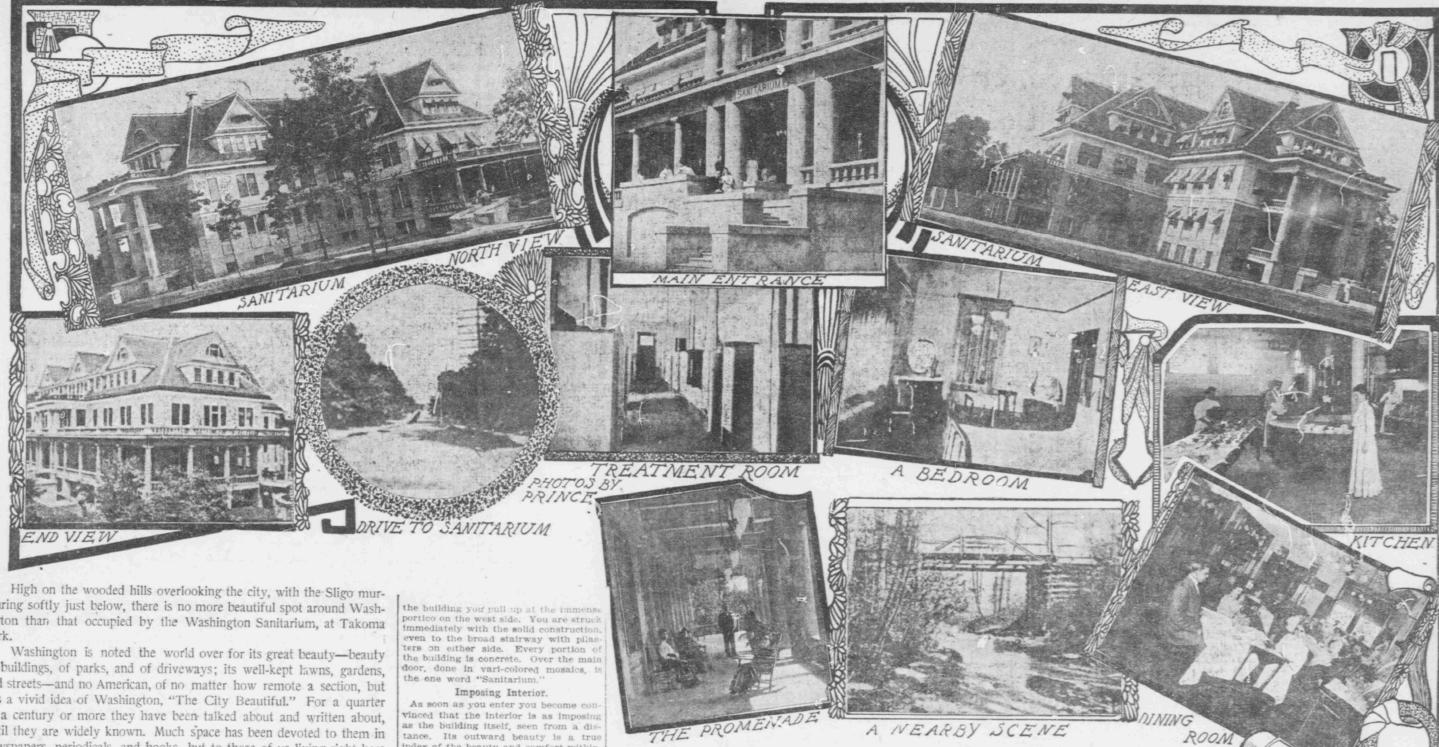
## The Modern Way of Restoring Health

## A Visit to Washington's Beautiful Rest Cure Resort at Takoma



muring softly just below, there is no more beautiful spot around Washington than that occupied by the Washington Sanitarium, at Takoma

of buildings, of parks, and of driveways; its well-kept lawns, gardens, and streets-and no American, of no matter how remote a section, but has a vivid idea of Washington, "The City Beautiful." For a quarter tof a century or more they have been talked about and written about, until they are widely known. Much space has been devoted to them in newspapers, periodicals, and books, but to those of us living right here in Washington they are an old, old story. Much has been written of the revelation to the average citizen, living a prosaic life in the National Capital, is the Washington Sanitarium.

But seven miles from the Capitol, it is nevertheless in the wilderthess, where nature rests unscathed by the hand of man. A primeval spot, made beautiful, and lying just between the tracks of the wheels of progress and civilization, passing on either side.

It is just such a spot as this, where, 300 feet above the city, nestles the sanitarium. Like the other institutions at Takoma Park, it is controlled and operated by the Seventh Day Adventists, the religious sect that first settled the garden spot that has long been known as one of the city's most beautiful suburbs.

Following the example set in other cities, the Seventh Day Adwentists of Washington decided to colonize. After careful consideration Takoma Park was selected as a site. That was some years ago. But the sanitarium is of recent date, and is known to but few of the 300,000 or more population of Washington.

It is undoubtedly destined to become well known throughout the country, not only for its beauty, but as a health resort. Had those elders who selected the site for the colony had the present-day sanitarium in view, they could have made no better selection. It is ideal. It is still farther up the long slope extending north and west of Washington than is The new Army General Hospital, and is situated on the very crest of a shill, overlooking the Sligo, acre upon acre of wooded land, and far below in the distance, the city itself.

Visit Interesting.

beautiful, it is well worth a visit. It is also highly interesting from a scientific standpoint, and is an exempli- a circle around an immense court, it imdication of modern science and construction. It has long escaped the eyes of tourists and sightseers, except those who have made a special pilgrimage Through interest or curiosity, or that botent influence which impels them to the Army Medical Museum, and other

The sanitarium is reached through Takoma. The car line terminates there. Railway and Electric Company transfer to the Takoma Park line, out Brightlooks just like every other country town Immediately at its head is the nu Seventh Day Adventist settlement, exsix-foot sign, "Carriages to the Sani-

crossing Sligo creek, and then begins the To those who make pilgrimages ascent, equally steep on the other side. around Washington looking for the Making the last turn of a zig-zag the sanitarium appears as suddenly as did the bridge. With its subsidiary buildings in mediately reminds you of one of the

On Crest of Hill. The sanitarium building proper is on the very crest of the hill, almost overhanging the Sligo. Its beauty of architecture and solid construction strikes you immediately. On the hot summer Takoma. The car line terminates there. day it looks cool, breezy, and inviting. Any of the lines of the Washington A turn to the left brings you into the sanitarium grounds. Then still climbing you go up a straight macadam road. wood avenue. At the end of the car with a smooth, hard surface, straight therapy, heliotherapy, in fact every rational means known to medical science through the center of the circle. To the in the middle of a country town. This left of this road is the sanitarium proper. home, next to that on the right is the about fifty yards you run into a big tory building. These are all spacious tarium." As it is a mile and three-quarters out to the sanitarium, and much more to the city man who at-

sound of human voices seems soft and its furnishings are equally in accord It is not like entering a hospital, and there is nothing to rasp the sensibilits natural state, with a coat of shellac and varnish that gives it a hard, glazed surface. The entrance hall is but slightly furnished, and looks even more spacious than it really is. The few fur-In front of you to the left is a room, labeled "Doctor's Office." In this room you will probably find Dr. Kress, who s secretary of the Sanitarium Association and physician in charge. He will it is impossible to show you through it is impossible to show you through the building will summon some one else. Should he flave the time, you will be fortunate, as his explanations of the various things of interest, particu-larly the medical appliances, are lucid and easily understood. In this room are the appliances used for treatment of the respiratory organs, the lungs, nose, and throat.

Modern in Detail.

It will be well to state here that the sanitarium throughout is the most modern building of its kind existing anywhere. It is a marvel for construction, and has every modern appliance for the treatment of disease that is known to present-day medical science. The natural treatments are relied upon largely; that is, those medicines and instruments are used that more exactly reproduce nature, rather than the chemical means of producing the same clearings of colonial days, surrounded as end. Electricity is used in all its innumerable forms, all of which Dr. Kress has on the tip of his tongue. In ods and agencies are utilized. Massage, hydrotherapy, electric light and electric water baths, electrical and other fomentations, salt glows, local and general douches and sprays, x-ray, high frequency, galvanic, sinusoidal, and faradic and static electricity, phototherapy, heliotherapy, in fact every rais utilized at the sanitarium.

One of the features of the work at the sanitarium is the careful microscopic Academy, or school building. Then comes the refectory, the women's of the blood, urine, and other secretions, and lawns. Walking up the main street dormitory building, and the men's dormita test meal. As a result of Dr. Bossert's buildings, of concrete construction, and examinations, the exact nature of a dis-

duce natural respiration through the ing. modulated. The commodious hall and pores, in diseases where it is necesthroughout the building, down into the From the recreation room, you take tagenal corners. It is lined inside with thes. You perceive that the building is thirty-two candlepower lights about a foot apart running from top to bottom. You enclose yourself in the cabinet and turn on the lights and enjoy a light This, according to the testim of those who have tried it, is very exhilarating. Dr. Kress says that nishings, fine Burma rugs, one or two on the inside you will perspire freely small mahogany tables, an escritoire, at a heat not greater than the heat of and as many chairs, with a leather your blood. This is one of the most couch on one side, are all it contains. interesting appurtenances of the sani tarium. The electric light when confined has a penetration and heating propensity that is foreign to the one ight. It penetrates not only your skin, ut the tissues of the muscles, and by nduced circulation and respiration and builds them up.

Splendid Water Arrangements.

The next one is a hot and cold douche and cold water that is calculated to perature don't change slowly-not by a ne second, or as rapidly as the doc- side. tor chooses to work the switch. Next is the electric bath. This is the ordinary the steam bath, and many others.

ordinary rub-down raraphernalia, and ignored. others with special sweating blankets and other contrivances.

All corners are rounded, there is no absolutely no hiding place for germs. In this respect it is like every other room and hallway of the entire building. All the wood trimmings are highly polished with a hardened surface, upon which even the most astute germs would slip off, and there are no draperles or other substance to hold them. Just opposite in the south wing of the men's treatment rooms with its baths, is the women's, its counterpart in every particular. Unless you tern to the right when you enter, and call upon Dr. Lauretta Kress, who is both physician and surgeon, you will not inspect this one. But then, too, either way around, you cannot see both, but have to be content with the assurance that they are duplicates. So it is also with the patients' rooms, and in the dormitories. les or other substance to hold them.

Dining Room.

This atmosphere follows you amusements and exercises. Dr. Kress explains. The bath kitchen underneath, the laundry plant the elevator to the third floor. On this

uous of all of the features of the kitch-en and the laundry is the entire absence feet, you can hear the soft murmur connection with the sanitarium, for the give you an electric shock. The tem- en and the laundry is the entire absence whole lot. Instead, it changes instantly air is as wholesome as in the pine woods stones in tiny cataracts. The halls on from cold to hot at intervals of about that surround the sanitarium on every this floor are fully sixteen feet wide,

From the pantry and storerooms comes an odor that would tickle the heavy leather chairs and couches. tub, large sized, with an electric battery attachment, that charges the wa-Then come the salt baths, the salt up all its own preserves and canned of rooms and hallways. After going and electric glow, which are medicinal; goods and grows its own fruit and vegthe ordinary shower, the sweat bath, the steam bath, and many others.

On the other side of the long room.

Healthful Foods.

Every care is exercised in the diet ard patients or none of those connected wood or other absorbent substance, and with the sanitarium are fed meats and ther stimulating foods, unless their system demands it. Patients are guided foods by the physicians of the institution, their advice always being at the and flesh foods are not found on the sanitarium tables, but their place is

All of this, Dr. Kress will tell you if ing. Coming up from the basement, you tarium proper, each being adapted to tients are treated who cannot go to visit the drawing room and parlor, at its own particular use. Stuarters out to the saintarium, and much more to the sintfarium, and much more to the city man who attempts to walk it, this sign is welcome. From Takoma Park it is almost attend uphill climb to the sanitarium and particular use.

From Takoma Park it is almost attend uphill climb to the sanitarium of the central driveway, there are a number of lesser roads leading to the visit of the south wing. This is the central driveway, there are a number of lesser roads leading to the visit of the subtribute. The only descent is when you go down and the central driveway, there are a number of lesser roads leading to the visit of the subtribute. The only descent is when you go down and partor, at the end of the men's treatment road and trinshed in national much more to the city man who attended to make the feature of the washington and turning to the right, you enter the dining road. This is the end of the south wing. It is a digrestion perfect.

All of this Dr. Kress has at his decorations and hangings that blend the case of the suty-six sanitariums of the subtribute of all, however, is the determination of the south wing. It is sown particular use.

Coming out of the men's treatment road with the end of the men's treatment road and hangings that blend the feature of the Washington Sanitarium of the subtry-six sanitariums of the subtry-six sanitariums of the subtry-six sanitariums of the subtry-six sanitariums of the deventists, and the readle of the south wing. It is sown particular use.

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Coming out of the men's treatment road waster the determination

under the south wing, the pantry and floor are the patients' rooms, and the that after having regained health, they storerooms.

Everything in the building is electrical, as commodious as all the other rooms are may not only keep it but contlinue to improve through a better knowledge of even to the dumbwaiters, which have of the building, and are much larger automatic sliding doors. When you turn the switch to bring the dummy up, the door in the kitchen closes automatically, furnished with a brass bed, a bureau. Improve through a better knowledge of how to live.

In connection with, or, rather, as a part of the sanitarium, the association, conducts a nurses' training school. and vice versa the other way. In the washstand, wardrobe, and table, to teaching practical as well as theoretical kitchen there is absolutely no wood or absorbent substance. The flooring and any other purpose. Each room also of the Seventa Day Adventists that walls are concrete and tiling. Sinks, has a telephone connecting directly medical work went hand in hand with drains, runways, tubs, and everything with the Washington Exchange, and religious work, and the young men else is of porcelain. The utensils are any point reached by telephone. Run-of light metal and are polished until ning all the way around this and the trained accordingly. Young men studythey look like so many reflectors. The second floor is a sixteen-foot concrete ing to take foreign missions always same is true of the laundry plant. The veranda, making an excellent prome-have a physician's diploma as one of

are kept at an even temperature. Work other two sides are in the sun. There will teach medicine and the preserva of any kitchen or laundry smell. The of the Sligo as it rushes over the benefit of this practical training. and with the reception room in the center is furnished in mahogany with

The second floor is a counterpart of casually through it you will leave the On the other side of the long room are compartments, some containing the lindividual likes and dislikes are not anywhere in the building. There is not received. This measure nothing suggestive of the hospital even in the living and treatment rooms, and tion of other patients.

there are no wards.

the winding zigzag path, that leads started. There are over a hundred phy down into the Sligo valley, to the lake. This lake is partly artificial, and will tutions, aside from the handreds engagnot be completed for a month or more, ed in private practice. place for boating and outdoor bathing. tion was formed three years ago, and supplied with healthful foods, which No more cool or pleasant spot could be the sanitarium building completed one are made so inviting that those foods imagined. For miles up and down the and beverages, which are frequently responsible for the disease from which the patients suffer, are no longer deuntouched, the pathways and terrace dent; Dr. D. H. Kress, secretary; I. H. only enhancing it.

A round of other buildings will next you are interested, while you are mak-ing your own observations of the build-finish, are all counterparts of the Sani-

plant is operated entirely by electricity. nade or sunbath. It is cool out on this the requisites. It is for the benefit it is more modern than any large laun-spacious veranda and many of the pa- of the young men and women training dry plant in the city. Even the ironing tients prefer it to the inside rooms for for foreign medical missions that the is done by electricity, with electric a lounging place and for reading. Two dormitories and other buildings have frons, that never have to be heated, but sides of it are always shady, while the been erected at the sanitarium. They This is an alternating stream of hot for the laundress is easy. Most conspic- is always a good breeze stirring at this tion of life and health as they teach connection with the sanitarium, for the the regular nursing course.

Philanthropic Enterprise

The Washington Sanitarium is not a commercial enterprise. Its aim is philreceipts from patients to meet the heavy expense incident upon its operation, it

was deemed necessary for the protec-

The Seventh Day Adventist Denomination established its first sanitarium twenty years or more ago, and since Having completed the tour of the that time sixty-five others including the started. There are over a hundred phy-

> The Washington Sanitarium Associayear ago. The officers of the associa-Evans, treasurer, and A. G. Daniels, and Doctors W. Ruble, and J. H. Neall. There is a branch sanitarium in the city on Iowa Circle, where those pa-